



St. Paul's News Bulletin

September 7, 2025



Welcome Everyone! Please join us **after the service for coffee and goodies each Sunday.** If you are new to St. Paul's, we would be happy to provide a welcome package.

Sunday School Registration: Registration for the 2025 - 26 year will take place **today**, with classes starting next Sunday. Children must be registered each year to keep our records up to date. Forms are available from the sidespeople or online.

Blessing of Backpacks: Next Sunday, **Sept. 14**, all students are invited to bring a backpack for a blessing celebrating the start of a new school year. If anyone requires a backpack for financial or other reasons, please contact the office.

Alpha Series: Discover life, faith and meaning. Join us from **Sept. 24 to Dec. 10** for engaging conversations in a welcoming setting. Sign up on the Alpha board in the hall or contact the parish office.

Food for Others Sunday: Nov. 30 is Food for Others Sunday, to draw attention to our collection of non-perishable items for the Calgary Food Bank. Donations may be left in the marked box.

Ladies' Luncheon: Saturday, **Sept. 13** starts at 11:20 a.m. Deacon Betty will be sharing her life/spiritual journey and her calling into ministry. Bring a friend, meet a friend, make a friend.

Coffee House: The next St. Paul's Stringers Coffee House will be **Sept. 12** at 7 p.m. Come enjoy our own house band, open mic and snacks. This is family friendly. All welcome!

Men's Breakfast: The next date is Saturday, **Sept. 20** at 8:30 a.m. at St. Peter's. All men 13+ are invited to join great food and fellowship!

Living Waters: The deadline for the October/November issue of *Living Waters* is **Sept. 21**. Please submit material as soon as possible after events to office@stpaulscalgary.ca

Back to Church Sunday: On **Sunday, Sept. 21**, let's bring a friend or invite your neighbour to learn what St. Paul's is all about. Invitation cards are available from the sides people.



Ladies' Luncheon Feedback: We would like to invite feedback on past events and offer a chance to offer suggestions for 2025-2026. Please find survey forms on the table by the south door. Please complete and return by **Sept. 30**.

Newcomers Special Coffee Time: On **Sept. 14**, we're having a special coffee time - including cake - as a way to celebrate our new parish family members. Please plan to attend to welcome:



Brian & Cheryl Stagg.
Thomas & Sue Krogman.
Nnenna Ekweronu:
Joshua; Daniel; Esther.
Arinze & Chinonyelum
Ezebialu; Ifechukwu;
Chimgozirim;
Umechukwu.
Vassell Johnson.
Sherry Martens.

Bernice Adusah &
Edward Nelson: Ian.
Andrea Zambo.
Chiedozie & Chinenye
Anyaocha: Chidubem;
Chikanyima;
Munachimso.
Christoffer Schaffter.
Katherine Luders.
Donna Cornelius.

St. Paul's Anglican Church

7 Sunmills Green SE T2X 3P6

Phone: 403 256-1428

e-mail: office@stpaulscalgary.ca

website: www.stpaulscalgary.ca

Incumbent: The Rev'd Tony Hilling

Assistants: The Rev'd Cyril Haynes

The Rev'd Betty Nadurak

Wardens: Paul Bourgeois & Ingrid Bolton

Deputy Warden: Muyi Ekomwenrenren

Main Facebook Page: [stpaulscalgary](https://www.facebook.com/stpaulscalgary)

X: [@stpaulscalgary](https://twitter.com/stpaulscalgary)

Instagram: [stpaulsanglican Calgary](https://www.instagram.com/stpaulsanglican Calgary)

YouTube: <https://www.youtube.com/channel/UCldxFHv5pFYST--j8as1GVg>

[UCldxFHv5pFYST--j8as1GVg](https://www.youtube.com/channel/UCldxFHv5pFYST--j8as1GVg)

Outreach

Empowering Survivors and Preventing Abuse

Alongside Hope and its partners are working to reduce gender-based violence and end child marriage. They also provide support to survivors, helping them recover their health and restore their dignity.

5th Sundays of the Month are Food for Others Sundays at St. Paul's. Everyone is invited to bring non-perishable food items and leave them in the bin marked Calgary Food Bank. The next Food for Others Sunday is today, **Nov. 30.**

Inreach Many in our congregation face financial struggles due to the economy, so a special fund was created. Donations marked "Financial Help for Parishioners" are welcome. If you are in need of financial help or know of someone in our Parish who is (and you have their permission), please let Tony know. He will maintain absolute confidentiality. This is one way we can care for one another in these challenging times.



Pastoral Care

If you'd like to be part of our **Pastoral Care Team**, please contact Betty Nadurak.

Chemo Care Bag: If you know of anyone who is beginning Chemo treatment and would benefit from receiving a Chemo Care Bag, please contact the Parish Office.

Prayer Shawl: We meet on the first & third Wednesdays of each month at 1 pm, in person and via Zoom. Contact Laura Anne [here](#) if you would like to join the group or if you know of anyone who would benefit from receiving a shawl. Everyone is welcome. No experience needed.

Grief Support Group: This is open to anyone who is grieving due to loss, illnesses or other struggles. For more information, please contact Laura Anne or leave your contact information at the Parish Office. **A new session starts in October.**

Hunger for Healing, a Christian Twelve Step Programme, meets every Wednesday 11:30 a.m. to 1:00 p.m. Everyone is welcome. We'd love to have you join us to find out what the programme is all about and see if it's for you. There is no leader. We all take part in leading. If you wish more information, please contact the Rev'd Deacon Betty Nadurak at 403 818 9879.

Check out these opportunities to participate

2025 Flower Chart is available on the bulletin board by the kitchen door. If you would like to make a dedication, please fill out the form under the flower chart or send it to Chizoba at office@stpaulscalgary.ca. The cost is \$30.

Prayer Chain Requests: Please contact Dinah Breu with your prayer requests.

Servers: we are looking for volunteers to be servers at our Sunday services. **Youth or Adults are welcome!** Please contact Father Cyril or Cheryl if you are interested. Training is available!

Card Ministry: If you know anyone who is grieving, unwell, or celebrating a birthday or anniversary, and would appreciate receiving a greeting card from the St. Paul's Family, please contact

Pauline Payne at 403-988-2546 or email her at Pauline_payne1@yahoo.com.

Casserole Ministry: If someone would benefit from receiving a casserole, please **contact Linda Hubert or help yourself to what is available.** Our freezer for casseroles is now well stocked thanks to parish volunteers. If you would like to contribute a casserole, please label it with what it is, ingredients and the date and then put in freezer.

Sign: To change the outdoor sign more regularly, we need helpers. ***If you can help, please contact Paul Bourgeois or the Office.***

We are looking for volunteers to be **Sacramental Assistants.** Please contact Ed or the Parish Office for more information.

Regular Activities at St. Paul's:

Sunday:	Holy Eucharist 10 a.m. Handchimes Practice 11:30 –12 p.m. Word to World Ministries Canada: 2 - 3 p.m. Philippines Independent Church (IFI): 4 p.m.
Monday:	Walking Group: 9 a.m. (see the St. Paul's website under events for locations) St. Paul's Stringers rehearsal: 7:30 p.m. Prayer Group - meetings held both in person and online: 1:30 p.m. (2nd Monday of the month in-person) 7:30 p.m. (4th Mondays of the month via Zoom)
Tuesday:	Girl Guides: 6:30 – 8 p.m.
Wednesday:	Morning Prayer: 9:30 a.m. Bible Study: 10:30 a.m. Hunger for Healing: 11:30 a.m. (in the Chapel Room) Prayer Shawl Ministry: 1 p.m. (1st & 3rd Wednesdays of the month)
Thursday:	TOPS (Taking off Pounds Sensibly): 6:00 p.m. Choir Practice: 7:30 p.m. (If you'd like to join Choir, please contact Paul Bourgeois at pbourgeois@shaw.ca.)
Friday:	Handchimes Practice 10 - 11 a.m. S.P.Y. Group: 6:30 p.m. 1st Friday of the month. (Check website) Coffee House: 7 p.m. second Friday on alternate months. Next date is Sept. 12
Saturday:	Ladies Luncheon: 11:20 am -2nd Saturdays. Next date Sept. 13 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month Check website to confirm location). Next date is Sept. 20 at St. Peter's.



Welcome to newcomers and visitors

A word to newcomers and visitors: St. Paul's welcomes you and invites you to make this your church home.

Visitors, please sign our guest book, which is on the standby the sanctuary doors.

We would be most pleased to learn about you and help you learn about us. Please indicate on a pew card, located in racks on the back of the pews, how we can help you feel part of the family.

Please place the card on the offering plate or hand it to one of the clergy or Parish Council members. We are so glad you were able to join us.

Youth Ministry

Two exciting opportunities for the Youth of our Parish!

POP is a volunteer group helping in the community and **S.P.Y. Group** is a social group. All youth are welcome at both!

St. Paul's Youth Group (S.P.Y)

Meets on the first Friday of each month. Invite your friends!



A place to be yourself, to make friends and have some fun! See the St. Paul's website for more information. Type Youth Group into the search to find the page. To register use this QR code



Pioneers of Paul (POP) - our youth volunteer group



September Anglican Journal is available online

The September issue of the Anglican Journal is now online. To read online, visit anglicanjournal.com/#currentissue

Our Ministries

ST. PAUL'S IS A SCENT-FREE PARISH

We try to be scent-free out of love and respect for those whose health is threatened by fragrances. May we ask your co-operation in avoiding wearing to church, perfumes and after-shave, perfumed hairsprays, etc. Many thanks.

HEARING DEVICES

If you have trouble hearing the service, please see one of the sidespeople or the sound person for a hearing device. We have several available.

BAPTISM

If you are interested in Baptism, please contact the parish office. Baptisms are usually during the 10:00 a.m. Sunday service, but other arrangements are possible. Preparation classes will be required.

Stewardship Reflections:

"Every one of you who does not renounce all his possessions cannot be my disciple."

Luke 14:33

When we first hear this statement, it seems that Jesus is making an unrealistic demand upon us. How can we renounce all of our possessions? We need them to live.

However, what we must renounce is the belief that they belong to us. Everything that we have belongs to God alone. All of our resources are entrusted to us not only for our own use, but also so that we can help others. Once we renounce the idea that we possess or are entitled to anything, it is much easier to share the many gifts that God has given us. Then we truly are His Disciples.

Financial News

Our deficit at the end of July was \$11,346. Thank you to everyone for helping support our mission financially in these challenging times.

